

# PRESSURE COOKING

a FREE online class

# 101

from [www.everydayfoodstorage.NET](http://www.everydayfoodstorage.NET)

## how it works

Pressure-cooking is a cooking method that uses steam sealed in a pressure cooker, which is a special airtight cooking pot. Sealing a liquid such as water, wine, stock or broth in a pressure cooker traps the vapour that rises from the liquid. This in turn raises the pressure inside the pressure cooker along with the maximum temperature that the liquid can reach. The increased temperature and pressure significantly speed up the cooking process. The pressure infuses the hot steam into the food. Pressure-cooking can cook foods in 1/3 the ordinary time on average and often over 10 times faster. Compared to a microwave, the food tastes considerably better and compared to slow cooker, only takes a fraction of the time.

## electric v. stove top



it's own temperature and pressure. It eliminates all of the guess work out of pressure cooking. They have settings for browning, saute, and keep warm.

An electric pressure cooker (to the left) is powered by electricity. It has an internal heating unit and will also regulate



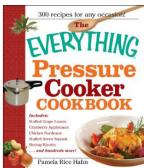
be regulated by you! Some do not work well on flat top stoves so it's important to check before you buy!

Stove top pressure cookers (to the left) are powered by the heat on your stove and must

## safety tips

1. Always consult your pressure cooker's owner manual for ALL safety instructions!
2. Never fill a pressure cooker past its fill line (usually about 2/3 full).
3. Always have water in the pressure cooker.
4. Never leave a stove top pressure cooker unattended.
5. Never buy a used pressure cooker from a thrift store because you won't be able to tell if something is wrong with it.
6. If steam is not escaping from your valve on top, QUICKLY turn off heat and cool down your pressure cooker.
7. Do not open the lid before pressure has been released or it will result in serious burns.

## tips for converting your recipes



1. Find a similar pressure cooker recipe to the one you are trying to cook to see how to set it up, how much water to use, how long to cook, and which pressure release you should use. I suggest buying the "[Everything Pressure Cooker Cookbook](#)" because it has over 300 recipes (including jams, meats, casseroles, desserts, etc) and out of those 300 you should be able to find one similar to what you are trying to do.

2. Start with a slow cooker recipe, MOST slow cooker recipes are PERFECT candidates for a pressure cooker.

3. For more detailed information on converting your recipes, I would visit <http://missvickie.com/howto/cooking101/adapting.html>

## pressure cooker recipe terms

1. Natural Pressure Release-Allowing the pressure to naturally release from the pressure cooker (that means you don't touch it until all the pressure is released).

2. Quick Pressure Release-Forcing the pressure to be released by opening a valve on your pressure cooker (usually on top).

3. Cold Water Pressure Release-Used in older models (with out a quick release valve) where you run it under cold water until the pressure is released. Be careful as steam will escape quickly using this method.

**view videos on these subjects at [www.everydayfoodstorage.NET](http://www.everydayfoodstorage.NET)**

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## PORCUPINE MEATBALLS

- 1 1/2 lbs. Hamburger
- 2/3 Cup Rice, uncooked
- 1 tsp. Salt
- 1/2 tsp. Pepper
- 2 tsp. Minced Onion, dry

Combine above ingredients & form into small balls

- 1 Can Tomato Soup
- 1/2 Cup Water

Mix & Heat the soup and water in the Pressure Cooker. Drop meat balls into hot soup mixture. Close cover securely with pressure regulator on top. Cook 10 minutes at high pressure. Let pressure drop of its own accord.



## GERMAN PORK STRIPS OR CHOPS

- 4 to 6 red potatoes, washed and left whole and un peeled
- 1 1/2 Cup Water
- 1 large can/jar of Sauerkraut (over 20 ounces)
- 2 Tbs brown sugar
- 4 to 5 Pork Chops or 6 to 8 Country Style Pork Strips (uncooked)
- Salt & Pepper to taste

[Basically you use 1 potato and 1 pork chop (or 1-2 country style pork strips) per person]. Layer in Pressure Cooker in the order above ending with the pork on top. As they all cook together, the flavors all meld together making everything taste yummy! Cook 20 Minutes at high pressure and use quick pressure release to cool immediately. Serve with salad and bread



## RICE PUDDING

- 1 T. butter
- 1/4 cup long grain rice
- 2 cups milk (1/3 c. dry milk powder + 2 c. water)
- 1 cup water
- 1/3 cup sugar
- 1/2 tsp. salt
- 1 egg (1 T. dry egg powder + 2 T. water)
- 1/4 cup evaporated milk (1 1/2 T. dry milk powder + 1/4 c. water)
- 1/2 tsp. vanilla
- Cinnamon

Melt the butter, add rice and stir to coat with butter. Stir in your water (3 cups) and dry milk (1/3 c. for non instant, 2/3 c. for instant) add sugar and salt. Close lid and bring to pressure, cook 12 minutes at high pressure. Remove from heat, allow pressure to come down on it's own using a natural release. In a small bowl, mix together your egg and the evaporated milk and vanilla. Stir a little of the hot liquid from you cooker into the egg mix (tempering the eggs), then add to the rice mixture. Cook, uncovered, over medium heat, stirring constantly with a wooden spoon until the rice pudding begins to bubble. Remove immediately from heat. Cool 10 min. stirring occasionally. Transfer to individual dessert bowls, continue cooling, then refrigerate. Serve sprinkled with cinnamon.

Thanks Robin (a blog reader) for sending this to me!

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